

# Getting Your Daily Calcium



## Daily Calcium Requirements Throughout Life

Remember to read labels. Calcium content varies from brand to brand.

<u>Ages</u>	<u>Milligrams of Calcium</u>
1-3	500 mg
4-8	800 mg
9-18	1,300 mg
19-50	1,000 mg
50+	1,200 mg

Source: National Academy of Science Food and Nutrition Board

## MILK AND MILK PRODUCTS

Food	Serving	Calcium (mg)
Milk ( <i>whole, 2%, 1%, skim, dry</i> )	1 cup	300
Calcimilk ( <i>1% lactose reduced</i> )	1 cup	498
Lactaid ( <i>1%</i> )	1 cup	300
Carnation Instant Breakfast	1 cup 	397
American Cheese ( <i>processed</i> )	1 oz.	174
Cheddar Cheese	1 oz.	204
Cottage Cheese ( <i>2% fat</i> )	½ cup	155
Frozen Yogurt ( <i>soft serve</i> )	½ cup	106
Grated Parmesan	1 tablespoon	70
Ice Cream ( <i>vanilla</i> )	½ cup 	85
Mozzarella ( <i>part skim</i> )	1 oz.	183
Muenstar Cheese	1 oz.	203
Pudding with Milk	½ cup	146
Ricotta Cheese ( <i>part skim</i> )	½ cup	337
Swiss Cheese	1 oz.	272
Yogurt, regular or fat free	1 cup	400

## NON-DAIRY

Figs ( <i>dried</i> )	10 figs	269
Orange Juice ( <i>calcium fortified</i> )	6 oz.	200
Raisins	⅔ cup	49
Egg ( <i>hard boiled</i> )	1 large	25
Salmon, <i>canned with edible bones</i>	3 oz.	324
Sardines, <i>canned with edible bones</i>	3 oz.	372
Tofu, <i>without Calcium Sulfate</i>	½ cup	130
Tofu, <i>Calcium fortified</i>	½ cup	424
Tortilla chips	1 oz.	44

## VEGETABLES & GREENS

Food		Serving	Calcium (mg)
Acorn Squash, <i>baked</i>		½ cup	45
Beans, <i>white, boiled</i>		1 cup	161
Blackeyed Peas, <i>boiled</i>		1 cup	211
Brocoli, <i>boiled</i>		½ cup	36
Butternut Squash, <i>boiled</i>		½ cup	42
Cabbage, <i>boiled, green</i>		½ cup	25
Carrots, <i>raw</i>		1 medium	32
Carrots, <i>boiled</i>		½ cup	24
Chickpeas, <i>boiled</i>		1 cup	80
Chinese Cabbage, <i>boiled</i>		½ cup	79
Collards, <i>frozen, boiled</i>		½ cup	214
Dandelion Greens, <i>boiled</i>		½ cup	73
Mustard Greens, <i>frozen, boiled</i>		½ cup	76
Okra, <i>frozen, boiled</i>		½ cup	88
Seaweed, agar, dried		3.5 oz.	625
Spinach, <i>canned</i>		½ cup	139
Turnip Greens, <i>frozen, boiled</i>		½ cup	125

## CANNED SOUPS PREPARED WITH MILK

Cheese		1 cup	289
Cream of Potato		1 cup	161
Cream of Celery		1 cup	186
Cream of Asparagus		1 cup	174
Green Pea		1 cup	173

## GRAINS

Cheerios		1 cup	40
Instant Oatmeal		1 packet	163
Nutrigrain cereal bars		1.5 oz. Bar	16
Tortilla Taco Shell		1 shell	21
Wheat Bread		1 slice	32
White Bread		1 slice	26

## NUTS & SEEDS

Almonds		1 oz.	92
Brazil Nuts		1 oz. (8 nuts)	50
Sesame seeds, <i>toasted &amp; roasted</i>		1 tablespoon	281
Sunflower seeds, dry roasted		1 oz.	34

Source: Pennington, Jean A.T. (1998). Bowes & Church's, Food Values of Portions Commonly Used. Seventeenth edition. Philadelphia, PA: J.B. Lippincott Williams and Wilkens Company.